

TEACHING MANUAL

FOR FLIPCHARTS TARGETED AT BOYS AND GIRLS





The Ghana Education Service and UNICEF have developed the following training materials, on menstrual hygiene management, for the education of female school children as well as audiences who influence their behaviours such as boys and men as well as community members in general. This document will serve as a manual, for the facilitators on the use of the flipchart targeted at boys and girls.

The manual contains information on the teaching aids that would be used alongside the flipchart, and the time that would be spent on each module.

Aims / Objectives

By the End of this Study

- Boys and Girls should have an understanding of puberty and menstruation.
- Boys and Girls should have a understanding of mood swings associated with menstruation.
- Boys should have a better understanding on how they can support and empower girls during their menstruation.
- Both girls and boys should have an understanding of personal hygiene during menstruation.

Nature of Guide

- This is a 2 module course; however the module will be delivered in 4 sessions to make the information more digestible for participants.
- Sessions will last a maximum of 1hr 15minutes
- The time allocated for each session should serve as a guide. Facilitators can spend more time on an activity if students are engaged however this time should be within the maximum 1hr 15minutes.
- Facilitator will carry out one session per week.
- An ice breaker will be used at the beginning of every session.
- An average of 20 participants per session.

MODULE 1:

WHAT IS PUBERTY?

Learning Objective:

- For girls and boys to understand puberty and associated body changes.

Module Details:

	Activity	Description	Time Allocated
1.1	Ice breaker	Ball Game	10 mins
1.2	Be amazing embrace your body changes	Use flip-chart to communicate key messages.	25 mins
1.3	Word Association	Group work to enable pupils associate words with puberty	15 mins
Total Time			50 mins

1.1 Ice Breaker (Passing the Ball)

Time Allocated: **10 mins**

Details:

- Facilitator explains what the session will be about.
- Establishes some ground rules for the session. i.e. no talking over one another when one is speaking.
- The teacher holding the ball says his/her name.
- The ball is then passed across the classroom from pupil to pupil.
- Each pupil will say their name, age and class, when they get hold of the ball.

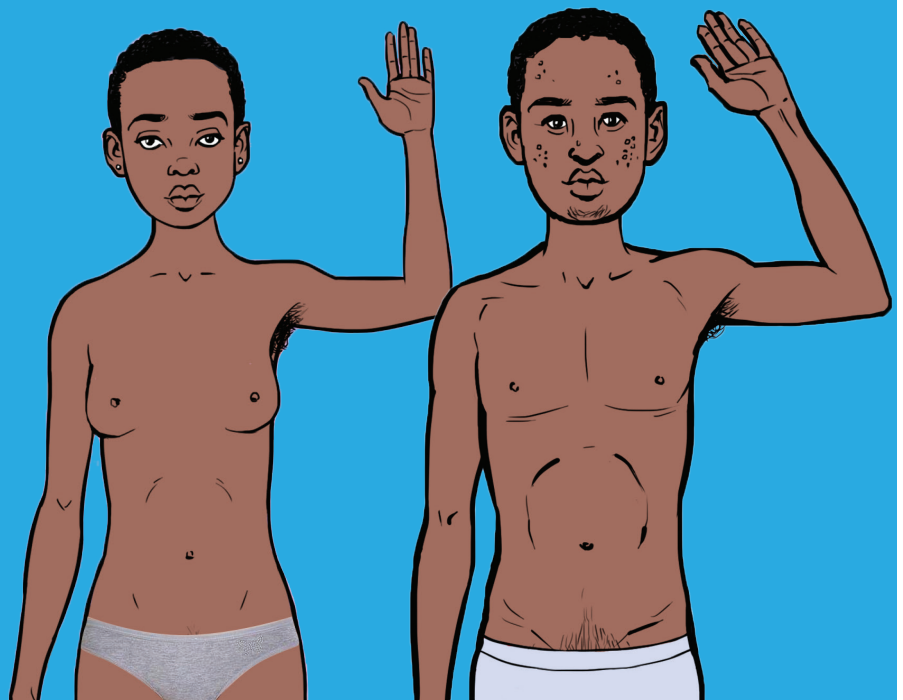


1.2 Puberty In Boys Embrace Your Body Changes

Time Allocated: **25 mins**

Details

- Ask pupils what they think puberty is and when it starts (Get at least two answers)
- Facilitator will show the flipchart of the girls and boys body changes and go through changes with pupils.
- Proceed to flip to the back page and further explain what puberty is.



1.3 Word Association

Time Allocated: **15 mins**

Details

- The group will be divided into two groups (group A&B)
- Group A must find words associated with female changes during puberty While Group B finds words associated with male changes during puberty.
- Each team will appoint a head who will present to the class the words they have found.
- Close the session by asking pupils to state some of the things they have learnt from this exercise.

MODULE 2:

WHAT HAPPENS DURING MENSTRUATION?

Learning Objective:

- To bring boys to an understanding of what menstruation is.
- To encourage boys to support girls during their menstruation.

Module Details:

	Activity	Description	Time Allocated
2.1	Ice breaker	Question and answer	10 mins
2.2	How does menstruation work?	Use flip-chart to communicate key messages.	10 mins
2.3	What is the Menstrual cycle?	Use flip-chart to communicate key messages.	10 mins
2.4	Support a girl during her menstruation	Use flip-chart to communicate key messages.	20 mins
2.5	Flash cards	Picture cards to communicate key messages	10 mins
Total Time			60 mins

2.1 Ice Breaker (Question)

Time Allocated: **10 mins**

Details

- Facilitator explains what the session will be about.
- Establishes some ground rules for the session. i.e. no talking over one another when one is speaking.
- Facilitator explains the icebreaker.
- Participants, each, answer the question, and state something they learnt from the previous session.

Question: ***If you had the opportunity to visit any place in the world, where would you choose and why?***

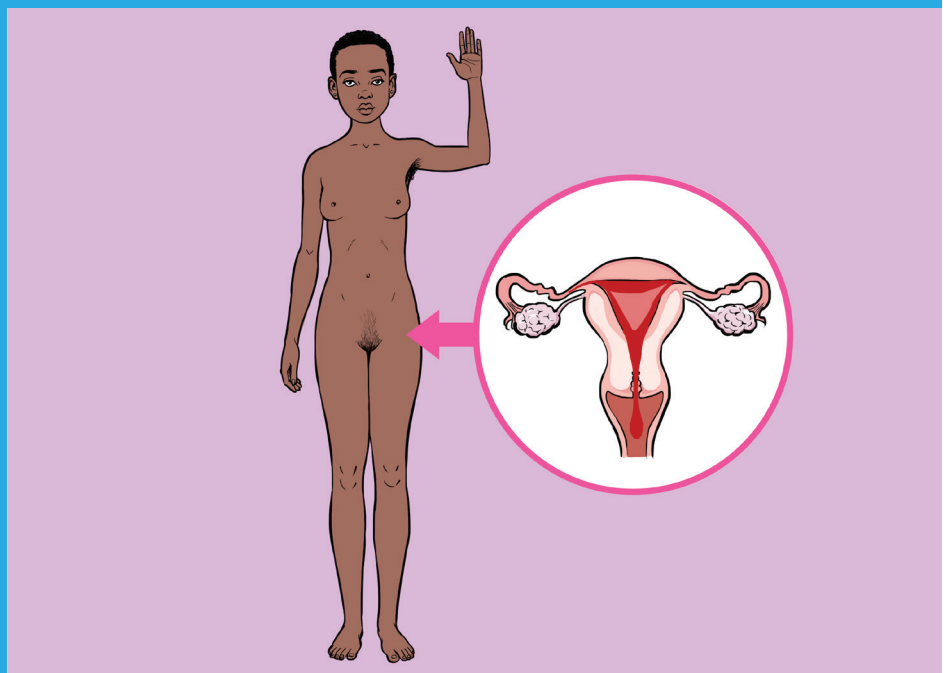


2.2 What Happens During Menstruation?

Time Allocated: **10 mins**

Details

- Ask pupils what they see in the picture.
- Allow pupils to describe the image. On the left .e.g What they think that body organ is.
- Flip onto the back page to explain the details of what menstruation is

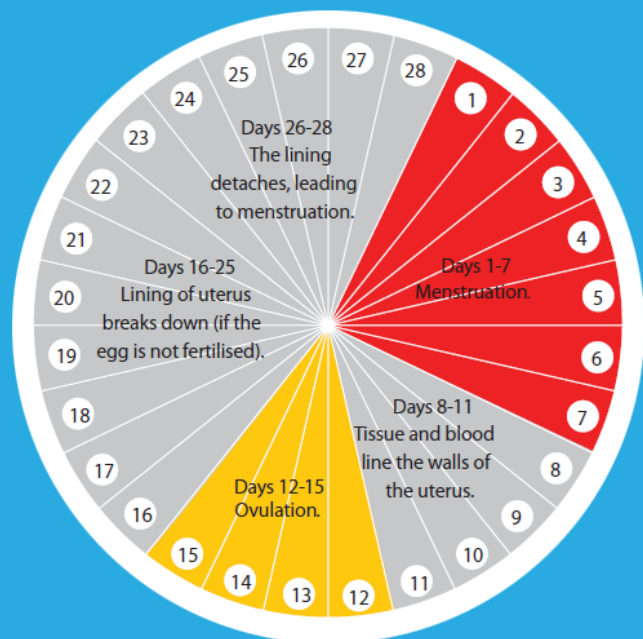


2.3 What is a Menstrual Cycle?

Time Allocated: **10 mins**

Details

- Show pupils the picture side of the flipchart. Allow for comments on what they think the image is about.
- Facilitator to flip to text side of the flipchart and further explain what the menstrual cycle is and what happens on each day during the cycle.



2.4 Support a Girl during her Menstruation

Time Allocated: **20 mins**

Details

- Show the image on the flipchart, pupils to share what they think the boy is doing.
- Flip to the back of the page with text, to further explain how boys can support girls during their menstruation
- Flip the chart to the next page and ask pupils to share what they think is happening in the image.
- Flip the chart to reveal text and emphasise the need for girls to avoid missing school days during their menstruation.



2.5 Flash Cards

Time Allocated: **10 mins**

Details

- The facilitator will show up a flashcard in relation to the current module.
- Pupils will associate the flashcard image to a lesson learned in this session.
- Close the session by asking pupils to state some of the things they have learnt from this module.

MODULE 3:

HOW TO MANAGE

PERSONAL

HYGIENE?

Learning Objective:

- For both boys and girls to understand the importance of keeping themselves clean at all times

Module Details:

	Activity	Description	Time Allocated
3.1	Ice breaker (Passing the ball)	Ball Game	10 mins
3.2	Practice personal hygiene when menstruating	Use flip-chart to communicate key messages	15 mins
3.3	MHM skit	Short play with a script to communicate personal hygiene management.	30 mins
Total Time			55 mins

3.1 Ice Breaker (Pass the Ball)

Time Allocated: **10 mins**

Details

- Facilitator explains what the session will be about.
- Establishes some ground rules for the session. i.e. no talking over one another when one is speaking
- The teacher holding the ball says his/her name.
- The ball is then passed across the classroom from pupil to pupil.
- Each pupil will say their name, age, class and key lesson from the previous module when they get hold of the ball.

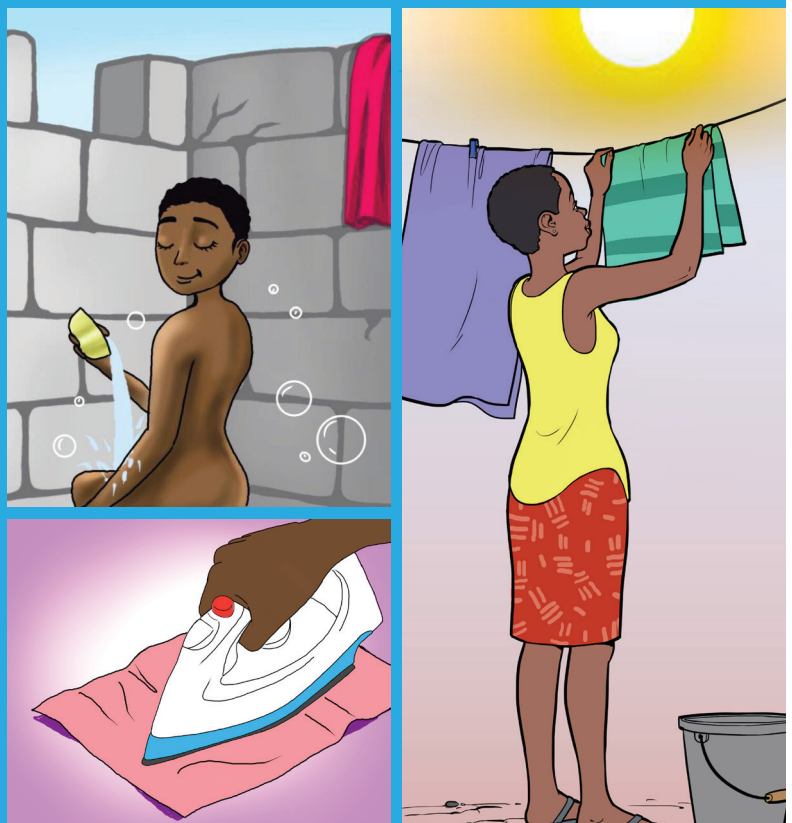


3.2 Personal Hygiene During Menstruation

Time Allocated: **15 mins**

Details

- Show flipchart image and allow pupils to describe the actions taking place in the various images.
- Flip the chart to reveal text showing good indicators of personal hygiene.



3.3 MHM skit

Time Allocated: **30 mins**

Details

- Facilitator will allocate roles.
- Actors will be given a script for a short skit.
- Pupils will be given time to get familiarised with the script.
- Pupils will act out the skit.
- Close the session by asking pupils to state some of the things they have learnt from this exercise.



MHM Script for Short Skit

Teaching Aid: A script developed for an MHM skit. This is to be used alongside flipchart when teaching boys and girls about personal hygiene.

Summary

Kwame and Ama are friends at school. They are also in the same class and sit together in most of their lessons. They are both 14 years old and have just started experiencing some signs of puberty. It is the rainy season, so the weather is much cooler, for this reason Kwame does not like to take his bath, before going to school, in the mornings. As a result Kwame has developed a strong body odour and gets teased by his friends.

Below is a conversation that ensues between Ama and Kwame, in class.

- Ama:** Kwame how are you, did you have a good weekend?
- Kwame:** Not really....
- Ama:** Why what happened?
- Kwame:** I attended a party on Saturday and my friends kept laughing at me and teasing me because they said I had body odour. The problem is I don't know how come i have suddenly developed this and i don't know how to make it go away.
- Ama:** Sorry to hear that Kwame, that sounds terrible. If you don't mind me asking, how often do you bath a day?
- Kwame:** Oh Ama, because the weather is cooler I bath once a day, and that is at the end of the day and this is what i have been doing for sometime now. Previously, no one said anything about my body smelling. Why now?
- Ama:** I can understand how you are feeling Kwame. You know, at our age our body is going through a lot of changes some of which cause us to sweat more than usual and cause us to smell if we

- do not bath properly with soap and water at least twice a day.
- Kwame:** Thank you Ama, that explains the bad smell, I did not know this. Where did you learn these things from?
- Ama:** Well Kwame, a few weeks ago i noticed that I constantly felt weak and dizzy. At first I thought it was only because the weather was hot. This was true, but I also began to develop body odour so after explaining to my mother the way I was feeling she told me that i have reached an amazing time in life; puberty and therefore, since I had reached puberty my body is going through some changes e.g. my body is producing more sweat and therefore I needed to bath properly with soap and water at least twice a day to prevent body odour.
- Kwame:** Ok awesome, but how does that explain the weakness?
- Ama:** Well because our body loses water through sweating and urination, we are more likely to feel very dehydrated if we do not drink water regularly. This is why I was always weak, so my mother advised me to drink alot of water to make sure I am always hydrated – Then she also said, “Ama, you are amazing!”.
- Kwame:** Wow! Ama I did not know this at all, thank you for sharing.
- Ama:** You are welcome Kwame, puberty is an amazing period for us so we ourselves have to be amazing. it is very important that we start doing the right things to make sure we are always clean and happy both on the inside and on the outside.
- Kwame:** Thank you for all the tips again Ama, you are such an amazing friend, thank you for your advice and support. I will bath twice a day with soap and water, drink more water and make sure I am always clean.
- Ama:** Yes Kwame, I think we all should. Let’s be Amazing. Period!

MODULE 4:

UNDERSTAND MOODS CHANGES

Learning Objective:

- For both boys and girls to understand that it is normal to have mood swings during menstruation.
- For girls to learn how to better manage their moods.

Module Details:

	Activity	Description	Time Allocated
4.1	Ice breaker (Question)	Question and answer	10 mins
4.2	Understand mood changes	Use flip-chart to communicate key messages.	10 mins
4.3	Stay supportive	Use flip-chart to communicate key messages.	10 mins
4.4	True or False Exercise	Questions and answers	15 mins
Total Time			45 mins

4.1 Ice Breaker (Pass the Ball)

Time Allocated: **10 mins**

Details

- Facilitator explains what the session will be about.
- Establishes some ground rules for the session. i.e. no talking over one another when one is speaking
- Facilitator explains the icebreaker.
- Participants, each, answer the question, and state something they learnt from the previous session.

Question: ***What is your hobby?***



4.2 Understand Moods Changes

Time Allocated: **10 mins**

Details

- Facilitator can begin by explaining that it is normal for a girl to be moody during her period.
- Show flipchart image and allow pupils to explain what is going on in the picture.
- Flip to the back of the page with text and share with pupils how they can assist each other to better manage their moods.



4.3 Stay Supportive

Time Allocated: **10 mins**

Details

- Show the picture side of the flipchart.
- Ask boys how they think they can support girls when they are menstruating.
- Flip to the page with text and further explain how boys can support girls during menstruation.



4.4 True or False Exercise

Time Allocated: **15 mins**

Details

- Let pupils know they have come to the end of the course.
- Pupils will be given a true or false exercise to complete.
- The facilitator will share the answers and allow pupils to mark each other's exercise.
- Close the session by asking pupils to state some of the things they have learnt from this module.

ANSWERS TO STATEMENTS (FOR FACILITATORS ONLY)

NO	STATEMENT	TRUE	FALSE
1	Puberty is when adolescents reach sexual maturity and become capable of reproduction.	✓	
2	Puberty occurs in girls between the ages of 10 and 19 years and between the ages of 6 and 17 years in boys.		✓
3	Development of breasts, growth of pubic hair, widening of hips and vaginal discharge are among some of the biological and physical changes seen in girls during puberty.	✓	
4	Girls menstruate throughout their life.		✓
5	Menstruation is the weekly discharge of blood from the uterus through the vagina.		✓
6	Period or menstrual period is the common name for menstruation.	✓	
7	Making fun of girls during their menstrual period is considered normal and a responsible act		✓

8	Every girl's menstrual cycle varies, and is usually calculated 28days from the first period.	✓	
9	It is not normal for girls to be moody during their period.		✓
10	Boys should not tease girls who are menstruating.	✓	
11	It is not necessary to wash your hands under running water with soap, and also bath well to smell good.		✓
12	Some girls get severe abdominal pain when in their period.	✓	
13	Drinking plenty of water is not advisable for girls when menstruating.		✓
14	Girls need boys to be more understanding of what periods are so they can get through it easily.	✓	
15	Boys and girls should not keep their clothes clean and well washed at all times.		✓
16	Girls should wash their private parts at least twice a day when in their period	✓	
17	Girls should wash their private parts at least twice a day when in their period with soap and other detergents.		✓

18	Menstruation is a disease		✓
19	Laughing, exercising, deep breathing and stretching are all ways to better manage mood swings during the menstrual cycle.	✓	
20	Girls should be excluded from activities during their periods		✓

HOW TO BE AMAZING?

Girls



- By acquiring information on MHM and puberty
- By using hygienic practices during menstruation
- By eating-well during your menstruation
- By being self-confident and asking for help when you need it
- By taking part in school, social and religious activities during your period
- By supporting your female classmates during their period

Boys



- By understanding puberty and MHM
- By understanding & empathizing with your female relations during their period
- By actively supporting girls in challenging situations during their period

Adults



- By educating your adolescent girl on MHM before her first period
- By teaching and supporting her to care for herself during her period
- By encouraging your adolescent girl to stay active during her period

Teacher



- By giving timely and right information on MHM to adolescent girls
- By creating an enabling environment to discuss MHM among stakeholders
- By encouraging girls to confide in and open up to you on MHM related issues
- By providing adolescent girls and boys with information on puberty and MHM.

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www.menstrualhygienegh.org